

# Brookings County 4-H Special Foods Contest Recipes

2004

## ***DAIRY GROUP***

### **Strawberry Sipper**

Kylie Eckman – 8  
West Sioux II 4-H Club

2 cups strawberries  
1 cup ice cubes  
1 cup milk  
1 T. honey  
½ tsp. vanilla  
1 cup strawberry yogurt

Wash strawberries. In blender container, combine strawberries, yogurt, milk, honey, vanilla and ice cubes. Whirl until well blended. Serve chilled.  
Serves 2.



### **Fresh Fruit Pudding Milk Mixer**

Cassidy Wulf – 8  
Little Leprechauns 4-H Club

4 cups low fat milk  
1 small pkg. (3.4 oz) instant vanilla pudding  
1 medium ripe banana, cut into chunks  
½ cup fresh or frozen strawberries

Place all ingredients in a blender and blend one minute until smooth.  
Serves 4.

Archives

JX715

.B695

2004

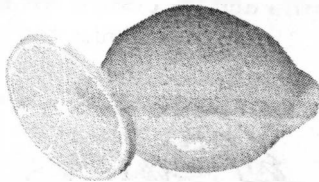
#1003866117

**Yummy Lemon Drink**

Rebecca Apland – 8  
West Sioux II 4-H Club

1 ½ cups milk  
1 cup lemonade  
1 cup lemon yogurt  
2 cups vanilla ice cream

Put all ingredients in a blender. Blend well.  
Serves 3.



**Citrus Frost**

Josie Flatgard – 9  
Country Clovers 4-H Club

2 cups lemon yogurt  
1 cup orange juice  
2 tsp. lemon juice  
8 ice cubes

Blend all ingredients in a blender. Serve immediately.  
Serves 2.

## **Kicked Up Sausage Macaroni and Cheese**

Stephanie Vostad – 18

West Sioux II 4-H Club

9 T. butter

½ lb. elbow macaroni

1 lb. spicy pork sausage, removed from casings and crumbled

½ cup chopped green bell peppers

1 T. Essence

4 tsp. minced garlic

½ tsp. anise seeds

½ cup all-purpose flour

3 cups milk

1 tsp. salt

½ tsp. pepper

1/8 tsp. cayenne

3 cups grated sharp cheddar cheese

½ cup fine dry bread crumbs

Preheat oven to 350°. Butter a casserole with 1 T. of the butter and set aside. Bring a large pot of salted water to a boil. Add macaroni and cook until tender, about 10 minutes. Drain in a colander and rinse under cold running water. In a large skillet over medium high heat, cook the sausage stirring until browned and fat is rendered. Remove with a slotted spoon and drain on paper towels. Pour off all but 1 T. of fat from the pan. Add the onion, bell peppers, 1 tsp. of the Essence. Cook stirring until soft, about 3 minutes. Add the garlic and anise seeds and cook stirring for 1 minute. Remove from heat. Melt the remaining stick of butter in a large saucepan. Add the flour stirring constantly until thick and smooth 4-5 minutes. Remove from heat. Add the salt, pepper, cayenne and 2 cups of cheese. Stir well. Pour into baking dish. In a mixing bowl, combine the remaining 1 cup of cheese with the bread crumbs and remaining 2 tsp. of Essence. Sprinkle over the macaroni and bake until golden brown and bubbly about 25 minutes.

Serve 6.

## ***FRUIT GROUP***

### **Summer Time Fruit Slush**

Adair Chase – 10  
West Sioux II 4-H Club

- $\frac{3}{4}$  cup orange juice
- $\frac{3}{4}$  cup lemonade
- 1 cup frozen strawberries
- 1 cup ice cubes
- 1 banana

Mix all ingredients into a blender and whirl. Pour into chilled glasses and serve.  
Serves 4.

### **Pretty-in-Pink Fruit Smoothie**

Evelyn Klein – 9  
White Go-Getters 4-H Club

- 1  $\frac{1}{4}$  cups strawberries
- 1 banana
- $\frac{1}{2}$  cup frozen cherries
- $\frac{1}{2}$  cup frozen peaches
- 1  $\frac{1}{2}$  cup milk

Blend the ingredients together.

Add  $\frac{1}{2}$  cup frozen strawberry yogurt  
 $\frac{1}{2}$  cup pineapple juice

Blend everything together.

Serves 4.



### **Banana Berry Smoothies**

Emily Meyer – 10

Northview Lads & Lassies 4-H Club

1 ½ cup orange juice

1 ½ cup soy milk

1 cup yogurt

1 cup frozen unsweetened strawberries

1 large firm banana sliced and frozen

1 T. sugar

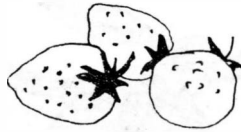
1 tsp. vanilla

Fresh Strawberry garnish

Measure and pour ingredients into blender in order listed.

Blend on ice crusher setting. Serve in chilled glass.

Serves 5.



### **Strawberry – Banana Smoothie**

Lacey Quail – 9

Northview Lads & Lassies 4-H Club

2 cups orange juice

1/3 cup (1") tofu

2 ripe bananas

½ cup strawberries

1 tsp. vanilla

In blender, combine all ingredients. Cover and process until blended.

Serve immediately.

Serves 4.

## **Strawberry Orange Blast**

Dayton Vander Wal – 9

Big Sioux 4-Hers 4-H Club

2 cups orange juice

½ cup milk

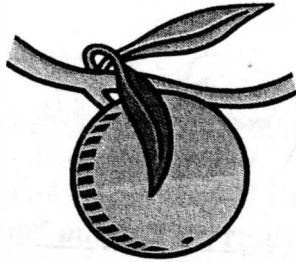
1 pkg. (10 oz) frozen sweetened, sliced strawberries, partially thawed

1-3 tsp. sugar

1 cup ice cubes

In a blender combine orange juice, milk, strawberries, sugar and ice cubes. Cover and process until desired consistency. Serve immediately.

Serves 4.



### **Keep in mind the following tips when planning menus:**

- Serve a crisp food with a soft food.
- Serve a tart or “zippy” food with a bland food.
- Serve a variety of colors that go together well.
- Serve various different shapes of food.

## **Fresh Fruit Kabobs with Orange Poppy Seed Dressing**

Vanessa Brown – 9

Poinsett Pioneers 4-H Club

Dressing:

¼ cup orange juice concentrate

¼ cup honey

1/8 tsp. dry mustard

1 tsp. vinegar

1 T. oil

Blend thoroughly then add: 1 tsp. poppy seed

Blend till mixed and chill.

Measure out the following:

12 medium strawberries (2 cups)

¼ cup red grapes

¼ cup green grapes

1 cup muskmelon

1 cup honey dew

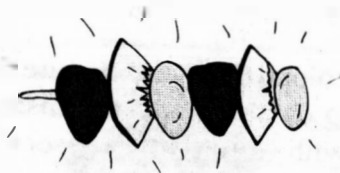
4 ounces Colby Jack cheese

Use grapes and strawberries that have been washed. Place fruits and cheese on skewer sticks.

Blend dressing for a few seconds, then brush lightly over fruit.

Garnish with Romaine lettuce, extra fruit as desired.

Serves 6.





## ***VEGETABLE GROUP***

### **Layered Lettuce Salad**

Krista Heylens – 10

Big Sioux 4-Hers 4-H Club

7 cups lettuce  
4 hard boiled eggs  
½ cup cooked bacon  
2 cups frozen peas  
1 cup shredded cheese  
1 cup Miracle Whip Light  
2 T. Catalina fat free dressing

Layer lettuce, eggs, bacon, cheese, peas and dressing in three layers.  
Garnish with a slice of egg and paprika.

Serves 6.

### **Garnishes**

Before we taste food, our eyes often “feast” upon what is set before us. This helps to excite our appetite. Good cooks always invest a little extra attention to make their dishes look special with a garnish.

A garnish is any edible decoration added to a dish. It can be placed on or around the dish. It can also be added to the individual serving. Garnishes can be as simple as a dash of paprika or as elaborate as a food sculpture that garnishes the table.

Variety and contrast in color, form, and texture are important to remember when deciding on a garnish. Garnishes should be appropriate to the food with which they are served and should harmonize in flavor.

Parsley is a typical garnish. An ingredient from your dish can be used in an interesting way as a garnish.

## **GRAIN GROUP**

### **Lip Smackin' Strawberry – Rhubarb Coffee Cake**

Grady Olson – 11  
Independent 4-H Member

2 eggs beaten light –n- fluffy  
1 ¼ cups sugar  
2 cups flour  
½ tsp. salt  
2 tsp. baking powder  
1 cup milk  
½ tsp. lemon extract  
½ tsp. vanilla  
1 cup rhubarb  
1 cup strawberries  
2 T. corn starch  
1/3 cup shortening  
¼ tsp. nutmeg

Preheat oven to 350°. In medium mixing bowl, beat eggs. Add sugar, flour, baking powder and salt and mix until crumbly. Add milk, shortening, lemon extract and vanilla and mix until creamy. Pour into an 8x8" greased baking pan. Set aside. Mix together strawberries, rhubarb and cornstarch and spoon into batter. In small bowl, mix sugar and nutmeg together and sprinkle over fruit. Bake for 50 minutes. Cool and serve.

Serves 6.



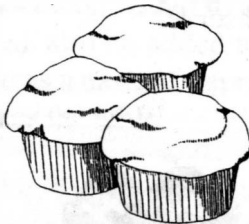
## **Berry Smash Muffins**

Brittany Berndt – 11  
White Go-Getters 4-H Club

$\frac{3}{4}$  cup strawberries  
 $\frac{1}{3}$  cup sugar  
3 T. oil  
1 egg  
 $\frac{3}{4}$  cup flour  
 $\frac{1}{4}$  tsp. baking soda  
 $\frac{1}{4}$  tsp. salt  
 $\frac{1}{4}$  tsp. ground cinnamon

Heat oven to 425°. Put a paper baking cup in each of 6 regular size muffin cups. Slightly smash strawberries in a large bowl. Stir in sugar, oil and eggs until mixed. Stir in other ingredients just until mixed. Spoon batter into muffin cups. Bake 15 to 18 minutes or until golden brown. Cool 5 minutes. Loosen sides of muffin from pan if needed and take them out of pan.

Makes 6 muffins.



## **MEAT GROUP**

### **Extraordinarily Ordinary Omelet**

Dallas Kistler – 11

Little Leprechauns 4-H Club

- 6 eggs
- ½ cup Swiss cheese
- ½ cup deli ham
- 2 T. diced tomato
- 2 T. chopped onion
- 2 T. chopped green pepper
- 1 pinch salt
- 1 T. margarine or butter

Mix 3 eggs with fork just until whites and yolks are blended. (Use half of the above ingredients to make one omelet. Repeat for the second omelet.) Heat margarine or butter in skillet or omelet pan over medium high heat just until margarine begins to brown. As margarine melts, tilt skillet to coat bottom completely.

Quickly pour eggs, all at once into skillet. Slide skillet back and forth rapidly over heat and, at the same time, stir quickly with fork to spread eggs continuously over bottom of skillet as they thicken. Top with remaining ingredients. Let stand over heat a few seconds to lightly brown bottom of omelet. (Do not overcook – omelet will continue to cook after folding.)

Tilt skillet: run fork under edge of omelet, then jerk skillet sharply to loosen eggs from bottom of skillet. (Allow for portion of omelet to slide up side of skillet.) Grasp skillet handle; turn folded omelet onto plate.

Serves 4.

**Tangerine Peel Beef**  
Stephanie Vostad – 18  
West Sioux II 4-H Club

2 pieces dried tangerine peel

Marinade:

2 T. soy sauce

1 T. cornstarch

¾ lb. flank steak, thinly sliced

Sauce:

1/3 cup orange juice

2 T. rice wine or dry sherry

1 T. soy sauce

½ tsp. chili garlic sauce

2 tsp. sugar

1 ½ tsp. cornstarch

2 ½ T. cooking oil

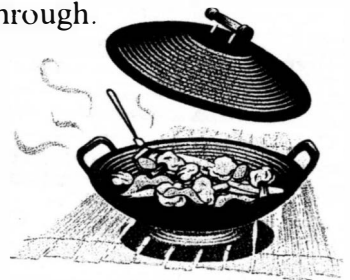
6 small dried red chilies

1 small onion, cut into 1 inch pieces

Soak tangerine peel in warm water until softened, about 15 minutes; drain. Thinly slice tangerine peel. Combine marinade ingredients in a bowl. Add beef and stir to coat. Let stand for 10 minutes.

Combine sauce ingredients in a bowl, set aside. Place a wok over high heat until hot. Add 2 T. oil, swirling to coat sides. Add chilies and cook, stirring, until fragrant, about 10 seconds. Add beef and stir-fry until barely pink, about 2 minutes. Remove the beef and chilies from the wok. Add remaining ½ T. oil to wok, swirling to coat sides. Add tangerine peel and onion; stir-fry for one minute. Add sauce and cook, stirring until sauce boils and thickens. Return beef and chilies to wok and cook until heated through.

Serves 4.



## **Chili Pasta**

Shelby Aulner – 12

Northview Lads & Lassies 4-H Club

- 1 ½ lb. ground beef
- 1 15 oz can kidney beans
- 1 8 oz. can tomato sauce
- 1 28 oz. can whole peeled tomatoes
- ¼ cup water
- 1 cup rotini pasta
- 2 tsp. chopped onion seasoning (optional)
- ½ tsp. oregano leaves
- ¼ tsp. crushed red pepper
- 1 ½ tsp. chili powder
- ¼ tsp. Italian seasoning

Brown ground beef and chopped onion seasoning. Cook rotini pasta. Put tomatoes, kidney beans, tomato sauce in sauce pan. Then add all other seasonings and simmer. Add ground beef mixture and rotini pasta. Simmer for 15 minutes.

Serves 4.

Garnish with cheese.



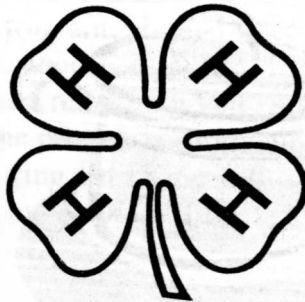
### **Taco Ring**

Thorwald Vostad – 13  
West Sioux II 4-H Club

¾ lb. ground beef  
¾ lb. fresh pork sausage  
¼ cup taco seasoning  
¼ cup water  
1 cup grated cheddar cheese  
2 T. chopped onions  
2 tubes crescent rolls

Brown beef, pork and onions in a microwave safe container 5-7 minutes. Add taco seasoning and water. Mix well. Add cheddar cheese. Microwave in 30 second intervals until it starts to melt. Remove from heat. Arrange crescent rolls on baking stone with bases overlapping and points down. Scoop filling onto rolls. Bring points over and seal. Bake at 375° for 15-20 minutes. Add toppings, serve.

Toppings: 1 ½ cups chopped lettuce, 1 ½ cups grated cheddar cheese, ¾ cup salsa.



## Cheesy Pizza Hotdish

Trina Moberg – 11

Northview Lads & Lassies 4-H Club

2 lbs. ground beef

1 envelope Lipton Beefy Onion dry soup mix

6 cups frozen shredded hash browns

1 10.5 oz. can cheddar cheese soup

$\frac{3}{4}$  cup milk

1 15 oz. can tomato sauce

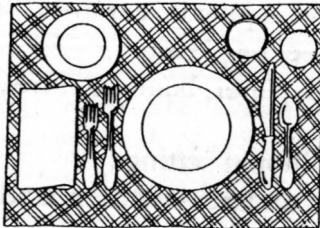
$\frac{1}{4}$  tsp. oregano

$\frac{1}{4}$  cup Parmesan cheese

1  $\frac{1}{2}$  cups Mozzarella cheese

*(use  $\frac{1}{2}$  pkg. of 1 lb.  
hamburger - get salty)*

Preheat oven to 375°. Grease a 9x13 casserole dish with shortening. Place shredded frozen hash browns in bottom of pan. Brown and drain ground beef. Stir in onion soup mix. Layer over potatoes. Mix well the cheddar cheese soup and milk. Layer over ground beef. Mix well the tomato sauce and oregano. Add on top of the cheese mixture. Cover and bake for 35 minutes. Remove from oven and sprinkle the Parmesan and Mozzarella cheese on top. Bake uncovered for 10 more minutes. Remove from oven and set on cooling rack. Garnish with green pepper swirl.  
Serves 6.





## **Traditional and Contemporary Place Settings**

A “cover” means everything used at each individual’s place setting. The “cover” includes the dinnerware, glasses/cups, flatware, tablecloth or placemat, and napkin used at each individual place setting. The recipe and menu you have chosen influence the type of items you will use in your cover.

The purpose of setting the table cover is to make the act of eating as easy as possible. Common sense and courtesy dictate that place settings include whatever is necessary for eating a meal, and that things be placed conveniently. It discourages the display of non-essential utensils and dishes. For instance, if you are not serving coffee, you would not set a cup and saucer at the place setting.

### **Traditional**

China dinnerware

Crystal glassware

Sterling silver, silver plate, gold electroplate, or high quality stainless steel flatware

Colors mostly soft and subtle

Textures generally smooth and fine

Table covering usually lace or linen type cloth or placemat and cloth napkin

### **Contemporary**

May be a wide variety of materials

Dishes and glasses/cups may be plastic, ceramic, stoneware, etc.

Flatware may be stainless steel or plastic

Table covering may be cloth, paper, bamboo, straw, plastic, etc.

Colors are brighter or darker

Patterns are bolder than traditional settings

Textures are usually rougher and heavier than traditional settings

Mood is more informal

Distributed by:

Brookings County Extension

826 32<sup>nd</sup> Avenue, Suite 101

Brookings, SD 57006

605-696-8280

[brookings@ces.sdstate.edu](mailto:brookings@ces.sdstate.edu)